

## GOAL SETTING IN :

# 6 STEPS

# Action Plan

Goal :

- 01 Learn** - How will you learn about the subject?
- 02 Process** - Make a Action Plan.
- 03 Practice** - Time and days to train.
- 04 Assess**- How will you measure progress?
- 05 Reflect**- What went well?  
What can you do better?
- 06 Repeat**- Make an improved action plan.

